



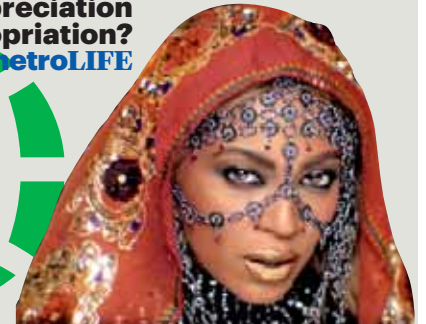
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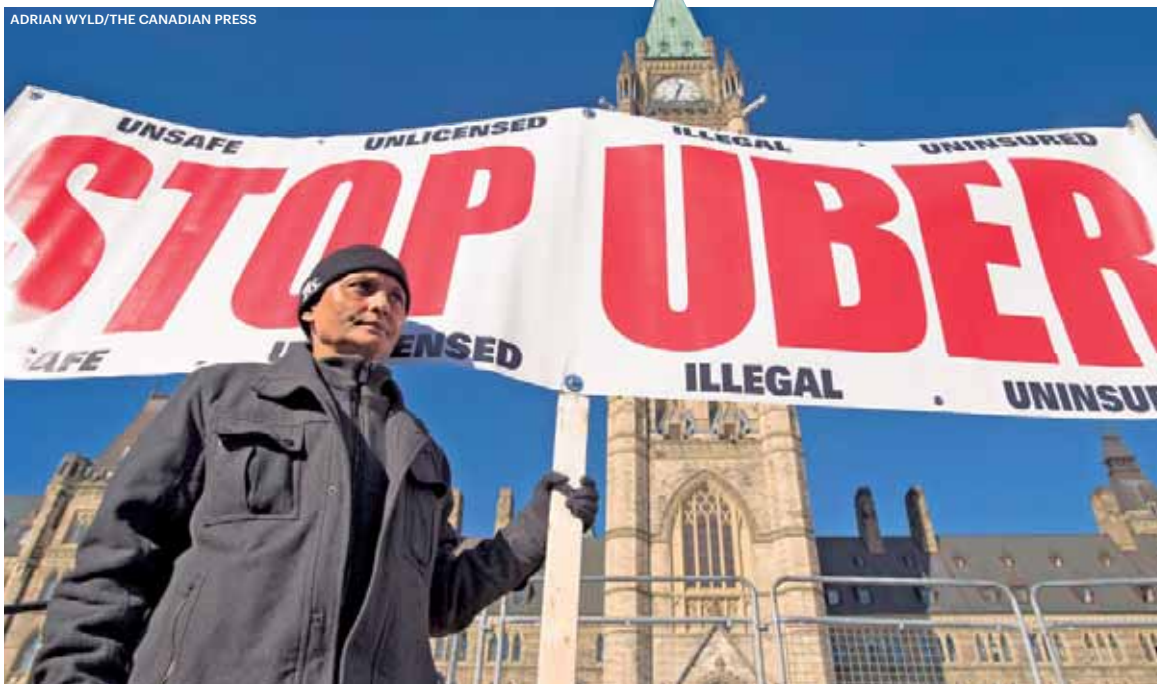


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ADRIAN WYLD/THE CANADIAN PRESS



STORMING THE HILL

Taxi drivers protest against the ride sharing service Uber

metroNEWS

Straight men only

BLOGGER

The city says
controversial
'tribal meeting'
is a no-go



Lucy Scholey
Metro | Ottawa

Ottawa Mayor Jim Watson says followers of Roosh V — the self-styled "neo-masculinist" who wrote a widely criticized article last year calling for the legalization of rape on private property — are not welcome to hold a planned "meet up" this weekend in any building owned by the city.

Watson and Rideau-Vanier Coun. Mathieu Fleury are also working to discourage other venues from hosting a so-called "tribal meeting" in Ottawa, one in a series of international "meet-up" events this Saturday, where "heterosexual men only" are

invited to discuss the blogger's views.

Ottawa police will also be keeping an eye on any meetings that do take place this weekend.

The Ottawa meet-up was initially scheduled for Arts Court on Feb. 6 at 8 p.m., but Watson told reporters on Tuesday that's no longer the case.

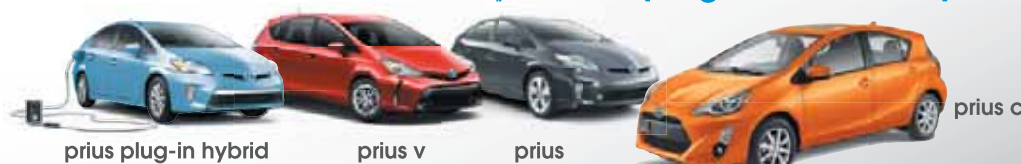
"Our policies are we don't allow people who promote hate to use our facilities," Watson said.

Roosh V — or Daryush Valizadeh, as he's also known — has been highly criticized for an article in which he proposes legalizing rape that occurs on private property (he has since claimed the post was meant as satire). He also promotes "neo-masculinity," which dictates that men and women are inherently unequal and that a woman's biggest values are her beauty and fertility.

Valizadeh has yet to respond to a request for comment.

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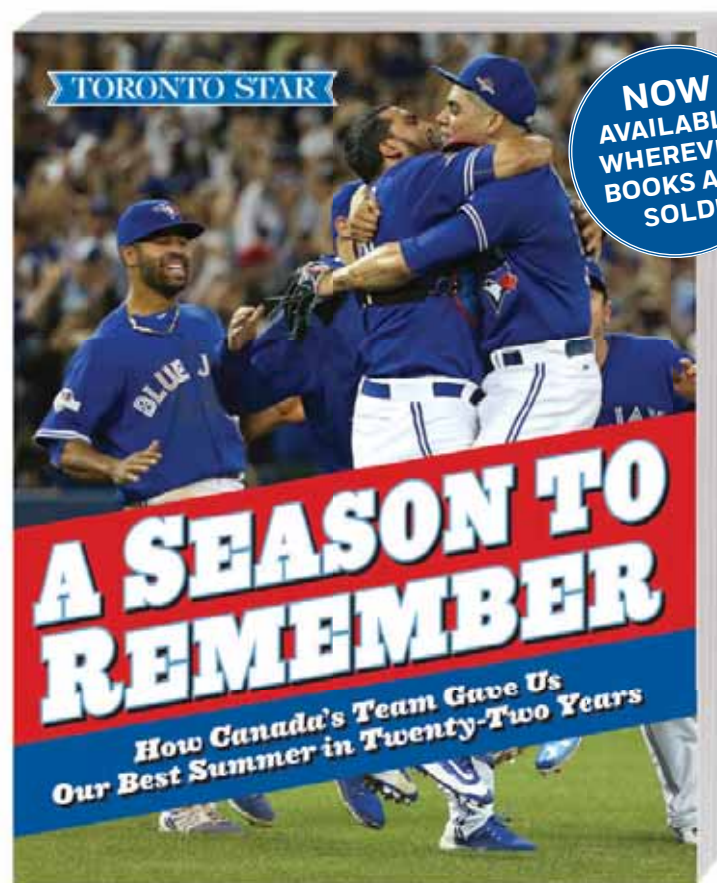
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GOVERNMENT

Feds aim to expand civil service's Wi-Fi



Michael Woods
Metro | Ottawa

The federal government is looking to extend wireless Internet access to hundreds of thousands of its employees in the next few years.

The new service would allow all government employees to connect to the Internet on any federal government Wi-Fi network, according to a newly posted contract document from Shared Services Canada.

Only about 21,000 public service employees have access to Wi-Fi. The goal is to bring that figure to 40 per cent of employees by March of next

year, and 80 per cent by March 2020. The federal public service has about 257,000 employees in total.

The government plans to eventually issue a request for proposals for a fully managed, commercial Wi-Fi service.

"The successful supplier would then rapidly deploy Wi-Fi in government buildings across Canada," the document says. The supplier would own and manage the Wi-Fi service and the government would pay a monthly subscription fee.

The government's existing Wi-Fi networks are specific to particular locations, and don't make for easy roaming for public servants.

SURVEY

Public input sought on victim memorial

The federal government is inviting people to submit feedback on the design of the memorial to the victims of communism.

For the next two weeks, the public can complete an online survey and submit opinions about the memorial's design, purpose, size and other characteristics. The feedback will be forwarded to the design teams competing for the project.

"I call on all Canadians to share their vision for this new national memorial, and for how we honour the millions of people who fled communist regimes to find refuge in

Canada," Heritage Minister Mélanie Joly said in a release.

Under the previous government, the memorial was to be erected southwest of the Supreme Court of Canada building.

That location garnered widespread opposition, with critics charging it was chosen without adequate public consultation.

The new Liberal government announced it would be moved further west to the Garden of the Provinces and Territories, and given a new design and budget.

The survey will be open until Feb. 16. MICHAEL WOODS/METRO



Volunteers help refugees disembark from a vessel at the Greek island of Lesbos last November. SANTI PALACIOS/THE ASSOCIATED PRESS

Refugee health costly

SYRIAN RELIEF

City asks for one-time grant from province



Lucy Scholey
Metro | Ottawa

Ottawa's medical officer of health is seeking one-time provincial funding to offset the health-care costs for Syrian refugees.

Dr. Isra Levy has yet to set an asking price, as staff are still tracking costs, but said Ottawa

Public Health has its hands full providing dental care, vaccines and infection control.

As of Jan. 27, health-care staff had immunized 260 refugees and provided 195 dental screenings, according to his report, which goes before the city's board of health Monday. That's abnormal for the city in such a short period of time.

"Certainly there are some twists that we may not have dealt with in recent years. For example, a large number of Canadians coming in at a rapid pace and being housed in hotels," said Dr. Carolyn Pim, acting deputy medical officer



There are some twists that we may not have dealt with in recent years.

Dr. Carolyn Pim

of health.

Staff have been visiting the three hotels providing temporary lodging for government-assisted refugees — the Radisson, Embassy Suites and Travelodge — to provide the above-mentioned medical services and also

size up each hotel for potential infectious disease outbreaks.

"When you have a large number of people in a group setting, as you can imagine, there are risks for some infectious diseases, the most likely of which would be influenza," said Pim, noting that health-care workers are also providing vaccines for measles, meningitis, mumps and rubella.

Ottawa Public Health is working with Refugee 613 — an organization coordinating the city's Syrian refugee resettlement efforts — community health centres and the Local Health Integration Network.



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Ticketed cabbie says he was targeted for religion

CLAIM FILED

Driver alleges harassment by airport security guard



Emma Jackson
Metro | Ottawa

An airport taxi driver, who says he was unfairly targeted for being Sikh, is fighting a trespassing ticket.

Amarber Sohi says a Commissionaires security guard singled him out and made a derogatory remark while dropping off a friend on Jan. 21.

"He put his hand on the vehicle and said, 'Hey, towel head, I asked you your name,'" Sohi said.

He said the security guard came straight to him — he claims to be "the only turban-wearing taxi driver" in the small fleet — even though two other Airport Taxi vehicles were also there.

Airport Taxis haven't been allowed to pick up airport customers since last summer, when dispatcher Coventry Connections increased pickup fees by 400 per cent and the drivers refused to pay. They are allowed to drop passengers off.

Sohi said he's known to security because he got a warning during the summer taxi protest that bars him from being on airport property to do business.

Sohi says he thinks the guard recognized him because he is a visual minority.

"Being treated like that, I

thought that was gone, that's a day of the past," Sohi said.

He received a \$65 trespassing ticket from an Ottawa police officer a week later, after he had filed a harassment claim against the guard.

He said police have brushed off his harassment claim, but promised to "talk with the airport Commissionaires office," Sohi said.

Airport Authority spokeswoman Krista Kealey said the airport hasn't received an official complaint about the incident, but is doing a "full internal investigation" anyway after being "informally advised" that it took place.

"The authority takes these types of issues very seriously," Kealey said in an email.

As for the ticket, Kealey said trespassing notices were issued

during the protests to people who were being violent, making threats or inciting violence. Sohi said he was "being verbal" but wasn't swearing or being violent.

The injunctions bar certain drivers, Sohi included, from going to the passenger terminal or the roads in front of it "unless you are at the airport on personal business."

Kealey said that means Sohi would have to be travelling with a valid boarding pass.

Sohi disagrees: He said giving a friend a free ride or accepting a flat-rate payment at the beginning of a trip doesn't count as business. He said the ticket was issued without speaking to witnesses, and that his meter wasn't running.

Sohi will fight the ticket in court this April.

Being treated like that, I thought that was ... a day of the past.

Amarber Sohi



Amarber Sohi, an Airport Taxi driver, said a security guard made a derogatory remark when he dropped off a friend at the airport in January. EMMA JACKSON/METRO

TAXI DRIVERS

Anti-Uber rally on the Hill



Haley Ritchie
Metro | Ottawa

Taxi drivers from Toronto and Ottawa gathered Tuesday on Parliament Hill to call on the federal government to shut down ride-sharing company Uber.

"Parliament Hill is a national stage and Uber is a national issue," said Amrik Singh, president of the Ottawa chapter of Unifor, which represents taxi drivers in the city.

"The municipalities are struggling to control Uber. They just don't have the resources. That's why we want the federal government to get involved," said Singh.

Drivers who came from Toronto estimated their turnout numbered around 400, which is also the upper end of a range estimated by guards on Parliament Hill.

Drivers and their unions say the ride-sharing company is eating into profits and not paying the same taxes and fees.

While many cities, including Ottawa, have committed to reviewing bylaws, drivers from both cities say not enough is being done.

"We believe the municipal level of government (and) the provincial level are not doing what they should be doing," said Karam Bunian, a taxi driver at Toronto's Pearson Airport who bused to Ottawa.

He said the Canada Revenue Agency should be investigating whether Uber drivers are paying proper HST.



Amrik Singh
HALEY RITCHIE/
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RIDE-HAILING SERVICES

Insurance approved by regulator

Ontario's insurance regulator has approved coverage for drivers using ride-hailing services such as Uber, even as the province's legislature has yet to decide if such services are legal.

The Insurance Bureau of Canada says the new insurance offering is the first coverage of its kind in the country.

The Financial Services Commission of Ontario gave Aviva Canada the green light to offer coverage for drivers carrying passengers in their own vehicles.

Aviva says it is fulfilling a clear customer need.

"There are a lot of people out there trying to make some extra money, and that's a great thing, but they're doing it without the appropriate coverage for themselves and for their passengers as well," said spokesman Glenn Cooper.

But at the moment such drivers are also doing it outside the confines of the law.

The Ontario legislature is set to consider a bill that would make Uber, AirBnB and other services in the so-called sharing economy legal. Progressive Conservative Tim Hudak's private member's bill passed second reading in

the fall but has yet to go before committee to be studied.

Finance Minister Charles Sousa said Aviva's offering "is a step in the protection of consumers and that's not a bad thing," but more has to be done to ensure consumers are protected and businesses have a level playing field.

Aviva's coverage is an addition to its personal auto policy and will be available to drivers licensed for at least six years, who spend up to 20 hours a week participating in ride hailing, and for a maximum of eight occupants.

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Glebe holiday exemption could span city

COUNCIL

Labour motion does not go unopposed



Emma Jackson
Metro | Ottawa

Glebe retailers can now open on six statutory holidays — a decision that could open the door to

a citywide exemption in 2017.

If council approves, Bank Street businesses between Lansdowne Park and Highway 417 will soon be allowed to open every holiday except Christmas Day, Good Friday and Easter Sunday. Stores on Pretoria Avenue would also be exempt from the provincial Retail Business Holidays Act.

The Glebe BIA applied for the exemption on the grounds that it's close to tourist attrac-

tions like the Rideau Canal and Lansdowne Park.

But the decision was controversial. The proposal passed 8-2, with Coun. Keith Egli and Coun. Stephen Blais dissenting.

ByWard Market executive director Jasna Jennings argued the Glebe isn't truly a tourist area and doesn't have nearly the foot traffic or hotels that the downtown does.

Egli and Sean McKenney from the Ottawa District Labour Coun-



The fewer regulations we have to tell businesses ... how to operate their business, the better.

Mayor Jim Watson

cil argued employees will feel pressured to work holidays.

But it was François Bouchard, who owns the Country Grocer in Mooney's Bay, who summed up feelings ultimately shared by Mayor Jim Watson and Coun. Allan Hubley.

"You can't start pitting neighbourhoods against neighbourhoods," Bouchard said.

Mooney's Bay hosts dozens of major events, he said, making it as touristy as the Glebe.

Watson said he'd like a citywide holiday exemption, par-

ticularly in 2017 when Ottawa celebrates Canada's 150th anniversary.

To that end, Hubley asked staff to canvass BIAs, trade associations and ward councillors for feedback.

"The fewer regulations we have to tell businesses when to open and how to operate their business, the better," Watson said.

Staff will report back before summer.

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SANDY HILL

Artists marvel at abandoned beauty

Two Sandy Hill artists are inviting art lovers to engage in their world of "marvelous realism" this February.

Peter Evanchuck and Helene Lacelle have launched a new exhibit at Café Nostalgica — called Marvelous Realism Canada — that combines photography and other mediums.

The couple's work draws from magical realism, a literary and artistic style that portrays fantastical things happening in the real world.

"Basically it's the ability to get the audience to feel what we felt when we were on location and when we were shooting the photographs," Evanchuck said. "We didn't feel the photos themselves would reveal that feeling alone."

Most of the work in the exhibit centres on abandoned houses in New Brunswick the couple stumbled upon while driving to

their cottage in the Maritimes. Some of the homes had been deserted for decades, but one had been abandoned as recently as five years ago.

The two explored these buildings and discovered all sorts of belongings that had been left behind. They were particularly struck by some dolls they included on a number of the exhibit images.

Evanchuck photographed the homes and Lacelle then used paint, software and other mediums to alter them to evoke the emotions they were feeling.

"Those dolls are waiting for the little girls that left them behind," Evanchuck said. "It creates that feeling of marvel and also a tragic sense of loss for when these people had to abandon their homes."

The exhibit runs at 601 Cumberland St. until the end of February. ALEX ROBINSON/METROLAND MEDIA



Helene Lacelle carries one of her works into Café Nostalgica. Her exhibit runs until the end of February. CONTRIBUTED

IN BRIEF

Mosquito program flying past finance committee

A mosquito control program will go to council without the finance committee's input.

Kanata-North Coun. Marianne Wilkinson wants to charge a \$35 levy to run a three-year pesticide program in some neighbourhoods.

But she asked the finance committee to hold off voting

while staff work out some technical issues. She's also waiting on thousands of ballots from residents that won't be counted until Feb. 17.

Wilkinson said she couldn't wait until next month's meeting because staff need to apply for permits and licenses in time to start spraying in early May.

EMMA JACKSON/METRO

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Lobbying changes ruffle Ottawa

POLITICS

New guidelines are at odds with Liberal goals: Expert

A change in government brings with it a wave of invitations — companies, associations and not-for-profits all want to get to know the new guard and figure out where they stand on key issues.

But how they meet the players in 2016 is still being shaped by the zeitgeist of 2006.

A shift in attitude towards lobbying that the Conservatives introduced under the Federal Accountability Act continues to tighten the parameters around those interactions a decade later.

Lobbying commissioner Karen Shepherd last month startled the government relations world — and organizers of some charitable events — when she posted new guidance on the section of

the lobbyists' code of conduct that deals with gifts.

The main message was to go Dutch, whether it's attending a fundraising gala or having lunch.

"If a lobbyist is actively lobbying or will lobby a public office holder, gifts, including meals and tickets to events ... are most likely unacceptable," Shepherd wrote in the guidance.

"Lobbyists are cautioned against providing public office holders whom they are lobbying or will lobby with tickets to charitable or other events, when these tickets are at a reduced cost or no cost."

Shepherd went on to say that if an organization wants to host a reception for parliamentarians, all of them have to be invited, the cost of the food and drink has to be "reasonable" and there can't be any whiff of lobbying at the event — down to written materials.

In a city where industry receptions on Parliament Hill, working lunches and sponsored tables at big charity events are part of the biosphere, the directives ruffled

“We think it's pretty insulting to the parliamentary process.”

Andre Albinati



D'Arcy McGee's on Sparks Street is pictured. **New rules limit how lobbyists can interact and communicate with politicians, including the giving of gifts.** METRO FILE

feathers. There were concerns that sponsors would start pulling out of fundraisers to avoid headaches.

The Writers' Trust of Canada, which puts on Politics and the Pen — one of the premiere events in Ottawa — consulted both Shepherd and the Conflict of Interest and Ethics commissioner to ensure they wouldn't have any problems.

Writers' Trust executive director Mary Osborne says the organization fielded many questions from sponsors. The event ultimately received the blessing of the two officers of Parliament because the corporate sponsors don't directly invite politicians to sit at their tables, the charity does.

Lobbyists argue that parliamentarians and their staff don't just learn about policy issues sitting

at their desks at formal meetings, but they also inform themselves by attending social events, speeches and conferences — some of them put on by corporations or associations.

"From a public policy perspective, I have a problem with a viewpoint that states that a parliamentarian or staffer can be bought for the price of a coffee or meal for that matter," said

Andre Albinati, president of the Government Relations Institute of Canada.

"We think it's pretty insulting to the parliamentary process and to the parliamentarians themselves."

Albinati says the new guidance might also be at odds with the new Liberal government's desire for MPs and bureaucrats to engage more, and to communicate.

"I don't know if this gets in the way of the objectives of a government that says, 'We actually want more consultation, we want more engagement of all stakeholders,'" Shepherd says her recent renewal of the lobbyists' code of conduct, after extensive consultations, brings it into line with what the public expects.

The code requires lobbyists to ask themselves whether a reasonable person sees a ticket or meal as an attempt to buy influence.

"It is a cultural change, but it is reflective of the increasing demand that Canadians are having of their public servants, including parliamentarians and public office holders," said Shepherd. "Those lobbying them are being subject also to high ethical standards. The world has changed that way." THE CANADIAN PRESS



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From left: Cousins Ayyub Arab, 22, Marwan Arab, 20, and Anas Arab, 23, are seen in this undated photo. Ayyub and Marwan were shot Sunday; Ayyub survived, but Marwan died. CONTRIBUTED

Shooting victim on mend, in mourning

CRIME

Slain cousin moved from Libya to study at Algonquin



Joe Lofaro
Metro | Ottawa

A 22-year-old Ottawa man who survived Sunday's restaurant shooting is "doing good" in hospital, but is mourning the loss of his cousin after watching him die on the floor next to him, his older brother said Tuesday.

"He's still very traumatized about what happened. He died right in front of him," said Anas Arab, 23.

Arab said his brother, Ayyub Arab, and their first cousin, Marwan Arab, 20, were eating at the Shifa Restaurant on Cobden Road Sunday evening when a gunman opened fire.

Marwan was pronounced dead at the scene. Ayyub was shot multiple times in the chest and is in stable condition in hospital.

"When I heard it, at first, I thought it was a joke. I thought these guys were joking. Then I had seen the news and I was like, 'Oh, this is really happening,'" said Anas.

He said Marwan is a foreign student from Libya who was studying at Algonquin College. "He was running away from all the trouble there was back home," he said.

Police have not made an arrest in the shooting and have yet to identify a suspect in what is now the city's second murder of the year.

Anas is also raising concerns about how police responded to the shooting Sunday evening. After speaking to his brother in hospital, he claimed 30 minutes went by before police called an ambulance for Ayyub and Marwan.

"People who owned the res-

+ ALLEGED THEFTS

Deceased, survivor were scheduled for court

The two cousins who were shot — one fatally — at a Pinecrest restaurant in Sunday evening were originally scheduled to appear in court next week.

Court records show that Marwan Arab, 20 — who died Sunday — and his cousin Ayyub Arab, 22 (now in hospital) — were charged with theft under \$5,000 last year in relation

to an incident on June 26, 2015.

Marwan was also charged with theft under \$5,000 in relation to an incident on Oct. 25. They were scheduled for court Monday.

Police are asking the public to come forward with any information in the city's second homicide of 2016.

Marwan was sentenced on Dec. 21, 2015 to one day in jail for failing to comply with a bail condition. METRO

taurant are telling (police) the guy is not here. 'The guy is not here. They left,'" said Anas, adding his brother is "really upset" at the situation.

"(My brother) said, 'Go to my cousin. He's not breathing.'"

In an email to Metro, Ottawa police spokesman Const. Chuck Benoit said the first pri-

ority for responding officers at a homicide scene is to ensure public safety.

Benoit said officers must "secure the crime scene and protect evidence; and part of that is ensuring it is safe for other emergency responders to come in (i.e. paramedics, fire)."

"The Major Crime Unit will not comment further."

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Flirtatious emails were 'bait': Witness

GHOMESHI TRIAL

Letters sent after alleged attack emerge, stir courtroom

A woman who testified that she went to great lengths to avoid any contact with Jian Ghomeshi after he allegedly attacked her acknowledged during intense cross-examination on Tuesday that she sent him flirtatious emails long after their encounters.

In a dramatic development that set the courtroom on edge, Ghomeshi's lawyer produced two emails that appeared to contradict the woman's statements that she had been so traumatized by what happened, she'd even turn off the TV or radio when he came on.

The first email was written in January 2004, about a year after

she said he had yanked her to the floor by the hair during a "sensual" kiss in his living room and then punched her in the head. "Good to see you again! Your show is still great," it says.

She goes on to provide a website address for him to watch a video of her "when you take a break from plowing snow naked," gives her email address and phone number and asks him to get in touch.

Defence lawyer Marie Henein, known for her no-holds-barred cross-examinations, pounced.

"You're now inviting the man who traumatized you to get in touch with you?" she asked incredulously.

"The email was bait," the witness responded. "It was bait to call me so I could get an explanation as to why he would violently punch me in the head. I had no interest in him."

Six months later, she sent a second email, also shown to the court. She writes she had been watching a show of his. Attached



Jian Ghomeshi leaves a Toronto courthouse after the second day of his sexual-assault trial on Tuesday.

FRANK GUNN/THE CANADIAN PRESS

was a revealing bikini photo of her on the beach.

"I wanted him to call me," she explained. "I sent a photograph, again, as bait."

The emails were the climax of a relentless cross-examination that Henein began Monday as the lawyer poked holes in the woman's testimony and exposed inconsistencies in her various

statements to police, the media and court.

In a statement released after her testimony, the woman said going to court and facing Ghomeshi had been "extraordinarily difficult" but worth it.

The trial continues Thursday after the Crown said there had been witness scheduling issues.

THE CANADIAN PRESS

REPORT

Military ill-prepared for peacekeeping bid

The Trudeau government has promised to get Canada back into the peacekeeping business, but a new report from two independent think-tanks says the military is ill-prepared for the task.

The study by the Rideau Institute and the Canadian Centre for Policy Alternatives was penned by Walter Dorn, a professor at the Canadian Forces Staff College and one of Canada's leading experts in peacekeeping.

For the last decade, he says, the army has specialized in counter-insurgency warfare

because of the combat mission in Kandahar, and other skill sets — once second-nature to Canadian training — were relegated to the back burner.

Dorn says the complexities of modern peace operations require in-depth training and education, on subjects including the procedures, capabilities and limitations of the United Nations.

He says Canada is currently far behind other nations in its readiness to support the United Nations and train for modern peacekeeping.

THE CANADIAN PRESS



PRIVACY BREACH

Tax agency doesn't know what information leaked

The federal revenue agency says it doesn't know what sort of taxpayer information a rogue employee improperly shared with the Canadian Security Intelligence Service (CSIS) because CSIS has wiped the files from its database.

The Canada Revenue

Agency said the employee who handed over the sensitive data — doing so even though CSIS lacked a judicial warrant — is no longer with the department.

The agency refused to disclose whether the person was fired or left voluntarily, citing privacy reasons.

THE CANADIAN PRESS



OLD FOES

Cruz's debate style 'hasn't changed very much': PM

Here's a lesser-known connection between the winner of this year's first U.S. presidential contest and the home and native land of his birth: Canada's prime minister recalls debating Ted Cruz.

The Calgary-born, Texas-bred senator who stormed out of the gate Monday with a win in Iowa's Republican caucuses was once a stellar university debater, ranked No. 1 in the U.S.

Cruz's opponents included a contemporary from Montreal — a prime minister's son and prime-minister-to-be who decided to get involved with the debate club at the urging of friends at McGill University.

Justin Trudeau first publicly referred to that old encounter during a speech early last year when he was still leader of Canada's third party, and the senator had yet to announce his presidential bid.

Trudeau told a group of fellow McGill alumni that he'd dabbled in debating and had once gone up against Cruz in a tournament at Yale, adding dryly: "He hasn't changed very much." THE CANADIAN PRESS

DONORS CONFERENCE

EU seeks more funds to ease Syrian crisis

Canada is being asked to double its financial assistance to help ease the humanitarian crisis brought on by the nearly five-year-old Syrian civil war.

The request from the British, German and Norwegian governments comes ahead of a major donors conference the three are hosting in London on Thursday. It is on the table as the Liberal government considers what role Canada

will play in the fight against the Islamic State of Iraq and the Levant, now part of the Syrian war as well.

Humanitarian and development support will be key to this plan and International Development Minister Marie-Claude Bibeau will be on hand in London to stress that point, following visits to Lebanon and Jordan this week to assess existing efforts.

THE CANADIAN PRESS



RACCOON ON BOARD TORONTO SUBWAY RIDERS PESTERED DURING MORNING COMMUTE Riders look at a raccoon on a subway car in Toronto on Tuesday. The raccoon was first spotted at around 8 a.m. on a southbound train heading toward the city's Spadina Station. THE CANADIAN PRESS/TWITTER (@TMARAYEVA)

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SOCCER AFGHAN LEAGUE PLANS MEETING BETWEEN FAN AND HIS HERO Murtaza Ahmadi, a five-year-old Afghan Lionel Messi fan, plays soccer at a stadium in Kabul on Tuesday. The Afghan Football Federation is planning a meeting between Messi and Ahmadi. RAHMAT GUL/THE ASSOCIATED PRESS

SOMALIA

Plane forced to land following explosion

An explosion and fire blew a gaping hole in a commercial airliner forcing it to make an emergency landing at Mogadishu's international airport late Tuesday, officials and witnesses said.

Two people were slightly injured as 74 passengers and crew of the plane were evacuated after the plane made a safe landing, Somali aviation official Ali Mohamoud said.

The plane, operated by Daallo Airlines and headed to

Djibouti in the Horn of Africa, was forced to land minutes after taking off from the Mogadishu airport, said Mohamoud.

The Serbian pilot, Vladimir Vodopivec, was quoted by Belgrade daily Blic as saying he believed the explosion was caused by a bomb.

"I think it was a bomb," he said. "Luckily, the flight controls were not damaged so I could return and land at the airport. Something like this has never happened in

my flight career. We lost pressure in the cabin. Thank God it ended well," the 64-year-old pilot said.

There are only two things that could have caused such a hole in the plane that looks like the one in photos circulated online — a bomb or a pressurization blowout caused by a flaw or fatigue in the plane's skin, said John Goglia, a former member of the U.S. National Transportation Safety and aviation safety expert.

Also, information about the event posted online indicate it took place during the takeoff phase of flight before the plane reached 30,000 feet, where there is maximum pressurization, Goglia said.

Mohamed Hassan, a police officer in nearby Balad town, said residents had found the dead body of an old man who might have fallen from a plane. Balad is an agricultural town 30 kilometres north of Mogadishu.

THE ASSOCIATED PRESS

U.K. to mull EU proposal

EUROPE

Economy, benefits for migrants among issues

Will the EU's offer be enough to keep Britain in the European Union? That remains to be seen. The proposals contain no changes to the EU's governing treaties, but Britain does win some concessions, notably a green light to limit benefits for migrants.

British Prime Minister David Cameron and the bloc's other leaders hope to seal agreement at a summit in Brussels starting on Feb. 18.

Here are the main points:

Limiting migrants' benefits

Cameron has made limiting British welfare payments to workers from other EU countries a centerpiece of his clash with the EU. The plan provides for a special "emergency brake" that Britain could use exceptionally when too many workers are coming in and the EU's executive Commission says data show they already are. That's a virtual green light for Britain to limit benefits as soon as the deal is sealed.

Regain powers from Brussels

The EU's founding treaties refer to the goal of creating "an ever closer union." The plan underlines that this does not mean extending the powers of the EU or centralizing sovereignty in

Brussels. The leaders would agree that countries can integrate at their own pace, and that Britain "is not committed to further political integration." Any draft legislation that might interfere with national sovereignty could be debated and possibly revised if 55 per cent of the 28 national EU parliaments oppose it.

Fixing the economy

Britain is not part of the 19-nation bloc using the euro single currency but it's a major European financial centre. Cameron has sought to ensure that the eurogroup does not act to the detriment of those outside. The plan would outlaw any discrimination against those not in the eurozone and ensure that action taken by the 19 states respects the way the full European economy works. By the same token, non-euro countries would not be allowed to interfere in the group. Countries that aren't part of the euro won't need to pay for measures needed to protect the currency.

A more competitive EU

The EU has been on a drive to cut red tape in recent years. This plan places added emphasis on the need for the EU to compete better in the world economy and create more growth and jobs. Leaders would commit to repeal unnecessary legislation and cut costs for small and medium-sized enterprises. They would promise to monitor progress and make changes to legislation if needed.

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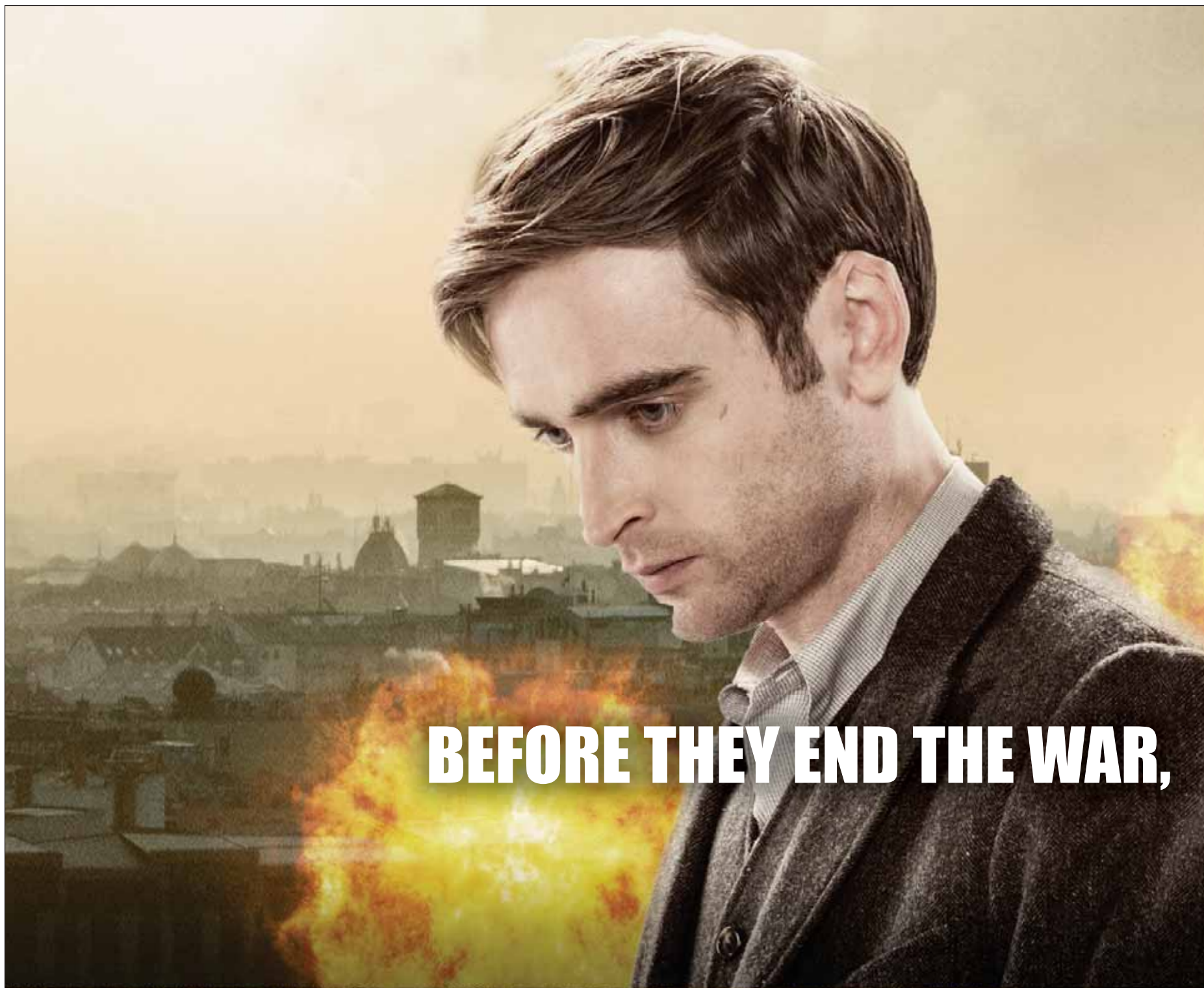


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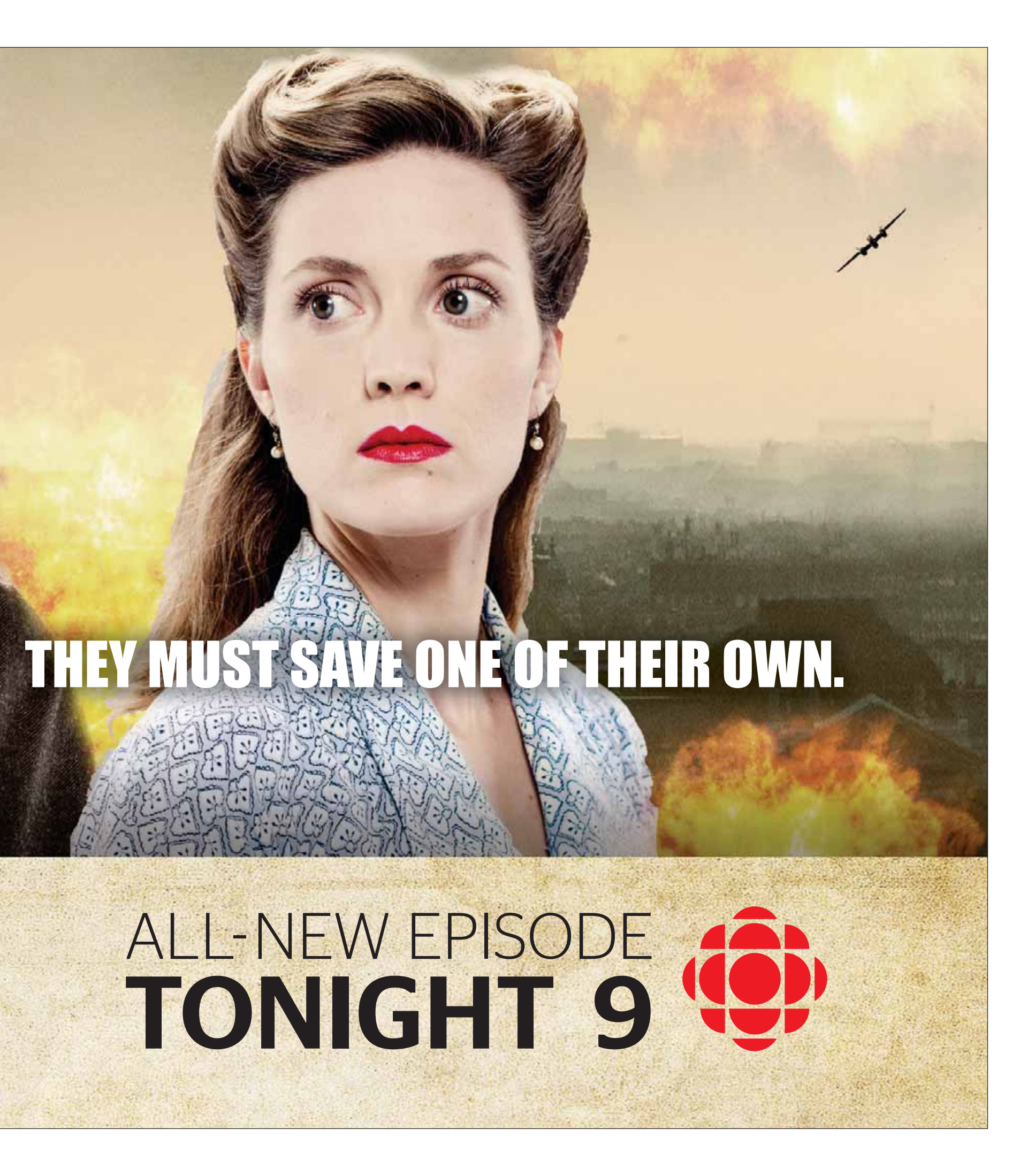


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Clinton wins close caucus vote in Iowa

U.S. PRESIDENTIAL RACE

Sanders won't seek recount despite record narrow defeat

Hillary Clinton barely won the Democratic caucuses in Iowa, outpacing a surprisingly strong challenge from Bernie Sanders to claim the first victory in the 2016 race for president.

The former secretary of state, senator from New York and first lady edged past the Vermont senator in a race the Iowa Democratic Party called the closest in its caucus history.

The Iowa Democratic Party said Tuesday that it would not do any recount of the close results. Sanders spokesman Ted Devine said his campaign does not have "any plan or intention" to challenge the results, citing Sanders comments from Monday that the race appears to have ended in "a virtual tie."

Even a narrow victory for Clinton over an avowed socialist could complicate her quest for the nomination. But Clinton



Presidential hopefuls Bernie Sanders and Hillary Clinton went head-to-head Monday night in Iowa's caucus vote. Clinton only defeated Sanders by a thin margin, giving her momentum before the New Hampshire vote on Feb. 9. JOHN MINCHILLO/THE ASSOCIATED PRESS; ELISE AMENDOLA/THE ASSOCIATED PRESS

ton has deep ties throughout the party's establishment and a strong following among a more diverse electorate that will play a larger role in primary contests beyond New Hampshire, where Sanders is favoured.

Clinton, who entered the race as the heavily favoured front-runner, was hoping to banish the possibility of dual losses in Iowa and in New Hampshire. Two straight defeats could set off alarms within the party and throw into question her ability to defeat a Republican.

Sanders, for his part, was hoping to replicate President Barack Obama's pathway to the presidency by using a victory in Iowa to catapult his passion and ideals of "democratic socialism" deep into the primaries. He raised \$20 million during January and hoped to turn an Iowa win into a fundraising bonanza.

Clinton, in New Hampshire Tuesday campaigning ahead of the state's Feb. 9 primary, said she was "so proud I am coming to New Hampshire after winning Iowa" adding, "I've won

and I've lost there and it's a lot better to win."

Clinton's victory in Iowa means she will collect 23 delegates and Sen. Bernie Sanders will win 21. With her advantage in super-delegates — the party officials who can support the candidate of their choice — Clinton now has a total of 385 delegates. Sanders has 29.

Former Maryland Gov. Martin O'Malley formally ended his quest for the Democratic Party's nomination.

THE ASSOCIATED PRESS

HEALTH

Zika virus sexually transmitted in Texas

A person in Texas has been infected with the Zika virus after having sex with an ill person who had returned from a country where the disease was present, Dallas County health officials said Tuesday.

It's the first case of the virus being transmitted in the U.S. during the current outbreak of Zika, which has been linked to birth defects in the Americas. Dallas County Health and Human Services said it received confirmation of the case from the U.S. Centers for Disease Control and Prevention.

Health officials did not release any details about the Texas patient, citing privacy issues. In a tweet, Dallas health officials said the first person infected had been to Venezuela, but did not detail when that person or the second person was diagnosed.

The Zika virus is usually spread through mosquito bites, but investigators have been exploring the possibility the virus also can be spread through sex.

"That gives you the plausibility of spread, but the science is clear to date that Zika virus is primarily transmitted to people through the bite of an infected mosquito," Dr. Anne Schuchat of the CDC said during a recent news conference about Zika.

In the epidemic in Latin America and the Caribbean, the main villain identified so far is called *Aedes aegypti* — a species of mosquito that spreads other tropical

+ VACCINE

Drugmaker Sanofi Pasteur said Tuesday it is launching an effort to research and develop a vaccine to prevent the Zika virus, after the World Health Organization declared a global emergency over its explosive spread across the Americas.

diseases.

It is found in the southern United States, though no mosquito-borne transmission has been reported in the continental United States to date.

Texas Department of State Health Services said that case announced Tuesday is the first one contracted in the state. But the agency noted that there are seven other cases of the virus in Texas, all related to foreign travel.

The World Health Organization on Monday

declared a global emergency over the rapidly spreading Zika virus, saying it is an "extraordinary event" that poses a threat to the rest of the world. The declaration was made after an emergency meeting of independent experts called in response to a spike in babies born with brain defects and abnormally small heads in Brazil since the virus was first found there last year.

THE ASSOCIATED PRESS

Zika virus is primarily transmitted to people through the bite of an infected mosquito.

Dr. Anne Schuchat

2,382

In order to win the Democratic Party nomination for president, a candidate must collect 2,382 delegates.

UNITED NATIONS

North Korea plan launch of observation satellite, critics fear use of banned tech

Weeks after its fourth nuclear test, North Korea announced plans Tuesday to launch an Earth observation satellite on a rocket later this month, in what critics see as a covert test of banned technology for a ballistic missile that could strike the U.S. mainland.

An official at the London-based International Maritime Organization said North Korea declared that the launch would be conducted between Feb. 8 and 25, between 7 a.m. and noon Pyongyang time. The official spoke on condition of anonymity because she hadn't been authorized to speak publicly yet.

UN deputy spokesman Farhan Haq said North Korea also informed the International Civil Aviation Organization and the



North Korean soldiers are silhouetted against model versions of the Unha 3 space launch vehicle which successfully delivered North Korea's first satellite into Earth orbit.

WONG MAYE-E/THE ASSOCIATED PRESS

International Telecommunication Union of the planned satellite launch.

"Right now, we're carefully monitoring developments and are in close touch with the in-

terested parties and the international organizations," Haq said at UN headquarters in New York.

The declaration, which is meant to warn civilians, shipping and aircraft in the area about the rocket and falling debris, follows North Korea's claim last month to have tested a hydrogen bomb, the country's fourth nuclear test.

The International Telecommunication Union said North Korea also informed its Geneva office of its intention to launch a Kwangmyongsong (Bright Star)-type Earth observation satellite with a four-year operational life. But the ITU's UN representative, Gary Fowle, said not enough technical information had been supplied to register it in its Master International Frequency Register. THE ASSOCIATED PRESS

IN BRIEF

Ex-district attorney testifies in Cosby sex-crime trial

The former district attorney who declined a decade ago to bring sex-crime charges against Bill Cosby testified Tuesday that his decision binds his successors and forever closes the door on prosecuting the comedian.

Former Montgomery County District Attorney Bruce Castor took the stand as part of a bid by Cosby's lawyers to get the case against the TV star thrown out because of what they say is a non-prosecution agreement from Castor.

The current district attorney has said there is no record of any such agreement.

Cosby, 78, was arrested and charged in December with drugging and violat-



Bill Cosby MEL EVANS/THE ASSOCIATED PRESS

ing former Temple University athletic department employee Andrea Constand at his suburban Philadelphia mansion in 2004. He could get up to 10 years in prison if convicted.

THE ASSOCIATED PRESS



QUESTIONING SHKRELI TO TAKE THE FIFTH Former Turing Pharmaceuticals CEO Martin Shkreli is interviewed on the Fox Business Network on Tuesday. Shkreli, who's reviled for hiking the price of a lifesaving drug, says he'd like to "be-rate" and "insult" Congress — but instead will take the Fifth Amendment during questioning Thursday. THE ASSOCIATED PRESS

Drug prices a cash grab

U.S. CONGRESS

Execs planned to maximize profits, reveal documents

Two drugmakers have made a practice of buying and then dramatically hiking the prices of low-cost drugs given to patients with life-threatening conditions including heart disease, AIDS and cancer, according to excerpts from thousands of documents released Tuesday by U.S. federal lawmakers.

A U.S. congressional review of more than 300,000 pages from Turing Pharmaceuticals and Valeant Pharmaceuticals reveals how executives planned to maximize profits while fending off negative publicity over the price hikes.

Rep. Elijah Cummings released the information Tuesday ahead of a hearing Thursday to examine exorbitant price spikes.

At the centre of the investi-

gation is Turing's former CEO Martin Shkreli, who became the poster child of pharmaceutical-industry greed last fall for hiking the price of a life-saving drug by more than 5,000 per cent. Company presentations released Tuesday show that Turing planned to turn Daraprim into a \$200-million-a-year drug by dramatically increasing its price.

The House committee also reviewed more than 75,000 pages of documents from Canadian drugmaker Valeant. A memo summarizing the documents said the paperwork shows that CEO J. Michael Pearson decided to buy two life-saving heart drugs, Nitropress and Isuprel, to dramatically hike prices and drive up his company's revenue and profit.

Laval, Que.-based Valeant Pharmaceuticals International Inc. bought the drugs for \$350 million US from Marathon Pharmaceuticals about a year ago and then tripled the price for one and increased the other six-fold.

THE ASSOCIATED PRESS

ECONOMY

Boost skills, tweak EI, report suggests

1 week

The reduced waiting time, down from two weeks, for Employment Insurance benefits that the Trudeau government has promised as part of reforms to the EI program.

The C.D. Howe Institute says reforms to employment insurance and moves to develop a more highly skilled workforce can help Canada's labour market adjust to weakened economic conditions.

The Toronto-based think-tank says the federal government should make changes to EI because the program only covers about half of unemployed Canadians.

The document's author, Craig Alexander, argues that

Ottawa should replace its regionally based criteria for EI with eligibility and benefits rules that are uniform across the country.

Alexander also says Canada must focus on creating a more highly skilled workforce as a way to increase productivity. He says such positions made up virtually all net job creation between 1999 and 2012.

The former chief economist at TD Bank says the labour

force is facing a number of challenges, including globalization, an aging population and technological changes — all factors that have been compounded by the steep slide in commodity prices.

Meanwhile, the report notes that in recent years Canada has seen a shift toward more precarious types of employment such as temporary, self-employed and part-time jobs.

THE CANADIAN PRESS

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URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION I feel like a lot of transit riders don't know how to behave properly. Maybe you could provide a few reminders?

Dear Ellen,
I know you've written about transit etiquette before. But I feel a lot of riders still don't know how to behave properly. Maybe you could provide a few reminders?
Michael, Toronto

Dear Michael,
After a recent, bruising experience on Toronto's Spadina streetcar, I am more than happy to oblige.
It was during rush hour. The car was fully crowded, and I was stuck standing halfway down the aisle, on the circular, moving floor plate that allows extra-long streetcars to swivel around curves and corners.

Beside me was a young man wearing a gigantic pack, which he should have taken off and held in front of him, or set on the floor, as per proper transit etiquette. Instead, he kept the pack securely fastened to his back, and monopolized the only available pole while heedlessly battering everyone around him.

As his nearest target, my noggin was treated to a near-



concussive thump every time the streetcar jostled me within striking range. The impacts increased in both frequency and severity as the hinged car navigated around the roundabout at Spadina Crescent. As I repeatedly attempted a cartoonish scramble away from the vicious backpack, the moving floor plate simply flung me face-first into it over and over again. At a certain point, I was tempted to go with the flow and throw my whole weight into the backpack and attached owner. But I reminded myself that retaliating to rudeness with physical aggression would show a distinct lack of manners on my part.

So, with "remove your backpack" as rule No. 1, let's review some other points of transit etiquette:

Turn down your music: Even if by some bizarre chance we like the song you're playing, we don't want to listen to it bounced off your waxy ear canals via your leaky headphones.

Don't eat anything the rest of us can smell or hear: Discreetly nibbling raisins or a quiet muffin is one thing. Munching, slurping and crunching noisy snacks or squirty pungent sandwiches is strictly verboten.

Respect boundaries: Enjoy your seat if you have one. But please don't assume you're also entitled to spread your belongings or limbs across the seat beside you. Contrary to popular belief among some leg-spreaders, your knees are not allergic to each other. Seriously, knees can come well within 10 inches of each other without causing injury to any nearby organs.

Control your hoods: You may not realize it, but your big, fat parka hood takes up space. When you're sitting back-to-back with another rider, make sure your head gear isn't draped over the seat onto someone else's head.

That goes for big, fat hair-dos too: Few things are more disconcerting than feeling someone else's hair spongily

surround your own head or slip-slide down your back collar. I love to look at any kind of hairdo, but I don't want it touching me without prior consent.

Control your groceries: I know it might be fun to watch your bags of food repeatedly smack the head of someone sitting obliviously in a seat that, in the kind of just society where transit-etiquette refresher columns are unnecessary, would have been given up to you and your heavy burden of consumables. But it's still wrong.

Stand up to let people get out of the seat beside you: Don't just swing your legs a few inches to the side in a token effort to make room for a rider getting off before you. Leap to your feet and get out of the way!

There you have it: Not my first transit-rules review, nor, I fear, my last.

Need advice?
Email Ellen:
scene@metronews.ca

ROSEMARY WESTWOOD

metroview

Witness 'satisfied' with her testimony. Perhaps Ghomeshi is, too.

Marie Henein, Jian Ghomeshi's lawyer, had paced the wood-paneled courtroom for an hour.

Tuesday, as the day before, she grilled the witness about the incongruous details in her claims that Ghomeshi twice sexually assaulted her in 2002 and 2003.

The witness, whose identity is covered by a publication ban, had told media and police that she had no contact with Ghomeshi after the last alleged assault. She said she didn't even listen to Q because it "re-traumatized" her.

But didn't she testify on Monday, Henein asked, to writing him an email?

"I said I have a recollection of drafting an email in anger," the witness said.

And that turned it. Henein then revealed the most damaging evidence of her withering cross-examination.

First, an email dated January 2004, a year after the last alleged assault, sent at 3 a.m.

"hello Play>Boy," it reads, a reference to the TV show Ghomeshi had hosted. "Good to see you again!" She offers her phone number.

Then another, sent six months later around 2 a.m., with a photo of the witness in a string bikini. In court, everything needs an explanation: Why did you say one thing to one person, and something else to another? Why did you send that email? Why

did you see that man again? The explanations need to make sense. They better be rational. The burden of proof is high.

"Are you now prepared to admit that you have lied under oath?" Henein asked. "No."

The witness explained the emails were a kind of bait: "I wanted Jian to call me, so that I could ask him why did he violently punch me in the head," adding: "I remember (now), reading this."

Memories change, the witness had said, "And as you sit with them you remember more of the peripheral parts ... I didn't sit and script a story."

If she had, it would surely have contained fewer holes.

Henein called the witness's testimony "implausible ... a bikini photo to the man who traumatized you?"

Lying was the theme of the cross-examination. That's not surprising in a sexual assault trial, but the emails and the sexy photo: Those were.

Ghomeshi never called, "Did he?" Henein asked. "No," the witness said.

In a statement issued later, she said she remains "satisfied" that she came forward: "A weight has been lifted."

Inside the courtroom, one couldn't help but wonder if Ghomeshi, grim and expressionless, had a similar feeling: One down, two to go.

HAVE YOUR SAY: RACISM



GETTY IMAGES

Ellen's column last week — giving advice to Ivy, a self-described racist — touched a nerve. We got dozens of emails and tweets; some supportive, others highly critical. Do you have thoughts to add? Send your feedback to scene@metronews.ca.

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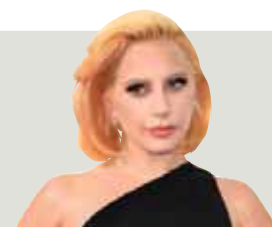
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A month-long food makeover

COOKBOOK

The Whole 30 diet program doesn't allow any slipups

Liz Brown
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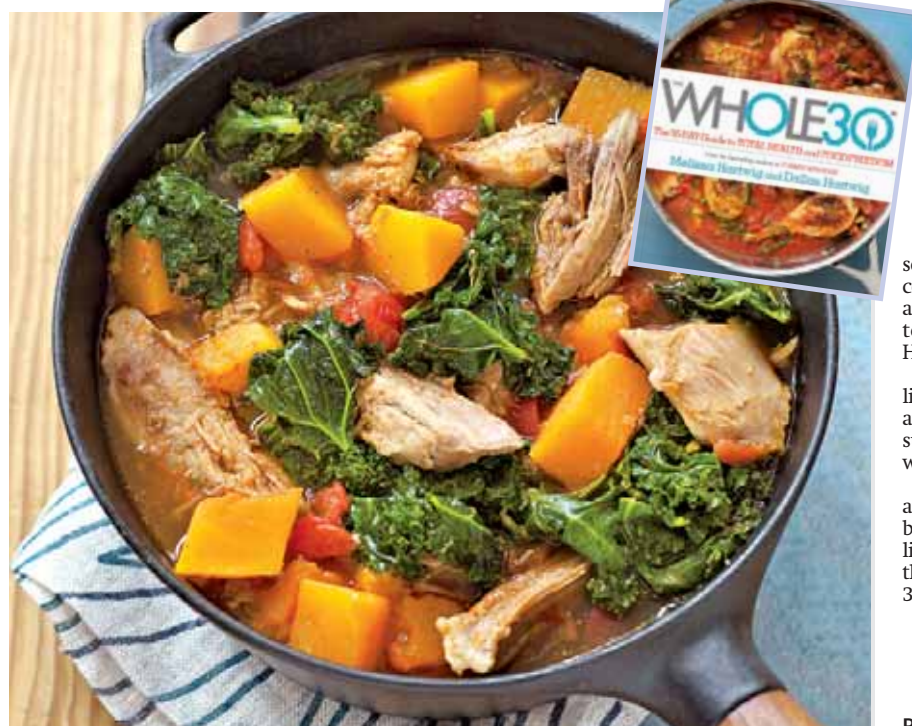


It's now February and reasonable to assume most of us have returned to wine, chocolate and cheese habits following a few weeks worth of New Year's resolutions.

But if you're willing to give your diet goals another go in 2016, you might consider the Whole 30 — a super-strict program that took social media by storm in 2015. Adherents to the eating plan used the #Whole30 hashtag over one million times last year to share recipes and moral support as they navigated a series of eating and behavioural changes outlined in the book.

It's a support network that's needed if you're to embark on the 30-day program, which allows for zero slipups and eliminates most of the consumables that bring us joy: grains, sugar, alcohol, dairy and legumes.

"According to habit research, social support and accountability are huge for people trying to make long-term changes," says Melissa Hartwig, explaining the vast online support system for The Whole 30 program, which includes forums and a blog at whole30.com. Hartwig is co-author of *The Whole 30: The 30-Day*



This roasted pork shoulder with butternut squash, kale and tomatoes, serves two (with leftovers). ALL PHOTOS: ALEXANDRA GRABLEWSKI

Guide to Total Health and Food Freedom and has no sympathy for people who say they couldn't possibly give up all of these foods for a month. "You really can't give up sugar for a month? Because if you can't, I suggest you take a look at your relationship with sugar. It's only 30 days, not the rest of your life," she says.

The idea behind the program is to eliminate foods that research

shows can be psychologically and physiologically problematic for many people — those foods that cause binging and sensitivities like bloating — and then reintroduce them slowly to see if any have adverse effects.

The idea is you'll also break bad eating habits — like reaching for that 2 o'clock cookie.

"The strictness isn't about a boot camp or a hazing," says

Hartwig. "It's more of a food experiment."

For Hartwig, it's about changing behaviours and paying attention to how different foods make you feel on both a physical and psychological level.

"If you come home from a hard day at work and immediately reach for a glass of wine, this will make you consider what else you can do to calm and self-



The strictness isn't about a boot camp or a hazing. It's more of a food experiment.

Whole 30 co-author Melissa Hartwig



soothe. You're developing new coping skills, which is huge for anything you want to be long-term and sustainable," says Hartwig.

The recipes in the book are delicious, easy and nutrient dense and don't include dairy, grains, sugar or legumes, for anyone with sensitivities to these foods.

I'm still wrapping my head around a month without wine, baguettes and cheese, but recipes like the one below (on p. 344 of the book) are making the Whole 30 program more appealing.

Roasted Pork Shoulder with Butternut Squash, Kale and Tomatoes

Prep time: 10 minutes

Cook time: 3 hours

Total time: 3 hours 10 minutes

Ingredients

- 2 tsp paprika
- 1 tsp chili powder
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp salt
- 1/2 tsp black pepper
- 1/2 lime, juiced
- 1 1/2 pounds pork shoulder (boneless)
- 1 butternut squash, 1-inch diced

- 1 bunch kale, stems removed, leaves chopped
- 1 cup diced tomatoes

Directions

1. Preheat oven to 300 F. Mix the paprika, chili powder, garlic powder, onion powder, salt, and pepper in a small bowl. Add the lime juice and stir. Place the pork in a Dutch oven or deep roasting pan and coat all sides of the pork with the spice mixture. Add 1 cup of water and cover tightly with a lid or aluminum foil. Cook in the oven, turning the pork shoulder in the pan every 45 minutes.

2. After 2 hours and 15 minutes, add the butternut squash and 1/2 cup of water to the Dutch oven or pan. Cook for 30 more minutes, then add the kale and tomatoes. Place back in the oven for 15 minutes more.

3. Remove the pan from the oven and leave covered until you are ready to serve. With tongs or a slotted spoon, arrange the vegetables on plates, then break the pork apart into generous chunks and place over the vegetables. Spoon the braising liquid from the pan over the pork.

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Hosting a horde of fans for the Super Bowl? Or are you crashing somebody's party and bringing something delicious? You could spend a lot of time thinking about what to prepare, or you could just make saucy beer sliders and a decadent creamy dip for the win. **THE ASSOCIATED PRESS**

Super Bowl snacks that stack up

IN THE SKILLET

A little beer adds a whole lot of flavour to mini burgers



Big provisions are required to watch the big game, and nothing's more substantial than a burger, even in its mini form — the slider.

Indeed, if you plan to serve a variety of dishes for the Super Bowl, sliders are more sensible than the full-sized guys. But they happen to be a little trickier to cook than a standard-issue burger. The slider's size makes it tough to put a nice crust on the outside while ensuring that it doesn't overcook on the inside.

First, the sliders need to be about 3/4 inch thick, not only so they don't overcook, but so you can fit all of them at one time into the skillet.

Second, the skillet needs to be large, a 12-inch. If you don't have a skillet that big, use two smaller ones and cook six sliders in each.

And third, whichever skillet you use, the oil must be heated until it's almost smoking. At the start, you want the burgers to sear, not steam, which is what will happen if the pan isn't hot enough.

At first, the sliders will be crowded together in the skillet, but they'll shrink down as they cook, giving off fat and juices in the process. You deglaze the pan with beer, of course, which mingles intimately with the fat and juices released by the burgers to create a delectable pan sauce.

You can spoon some of this liquid onto the buns before sliding in the burgers, or a more extravagant technique: pour the sauce into ramekins and invite your guests to dunk their sliders into it between bites.

Whatever happens on-screen, you'll be winning at home.

Beer-Steamed Cheese and Mushroom Beef Sliders

Start to finish: 50 minutes
Makes 12 sliders

Ingredients

- 3 Tbsp vegetable oil, divided
- 1/2 cup finely chopped yellow onion
- 3 ounces mushrooms (white, cremini or shiitake), finely chopped
- Kosher salt
- 2 Tbsp finely chopped pitted green olives
- 2 Tbsp finely chopped, drained, canned green chilies
- 3 ounces sliced sharp cheddar cheese, broken into 12 equal pieces
- 1 1/2 pounds ground beef, shaped into 12 sliders, each about 3/4 inch thick
- Ground black pepper
- 1/3 cup beer
- 12 slider buns

Directions

1. In a large (at least 12-inch) skillet over medium, heat 1 tablespoon of the oil. Add the onion and cook until golden, about 8 minutes. Using a slotted spoon, transfer the onion to a bowl. Add another tablespoon of the oil to the pan, the mushrooms and a hefty pinch of salt. Cook, stirring occasionally, until the liquid the mushrooms give off has evaporated, about 5 minutes. Transfer the mushrooms to the bowl with the onion. Reserve the skillet.

2. Add the olives and chilies to the mushroom mixture and stir well. Set aside.

3. Return the skillet to high heat. Add the remaining tablespoon of oil and wait until it is almost smoking. Meanwhile, season the sliders on one side with salt and pepper. When the oil is hot,

A CROWD-PLEASING DIP

Hot-and-Creamy Pesto Spinach Dip

Start to finish: 30 minutes
(10 minutes active)
Servings: 8

Ingredients

- 2 teaspoons olive or vegetable oil
- 1 teaspoon finely minced garlic
- 9-ounce package frozen chopped spinach, thawed and squeezed to remove excess liquid
- 8-ounce package cream cheese, softened
- 3/4 cup shredded Monterey Jack cheese
- 1/4 cup grated Parmesan cheese
- 1/4 cup milk or cream
- 1/4 cup minced fresh basil
- Kosher salt and ground

Directions

1. Heat the oven to 350 F. Coat a shallow, 4-cup baking dish or 9-inch pie pan with cooking spray.

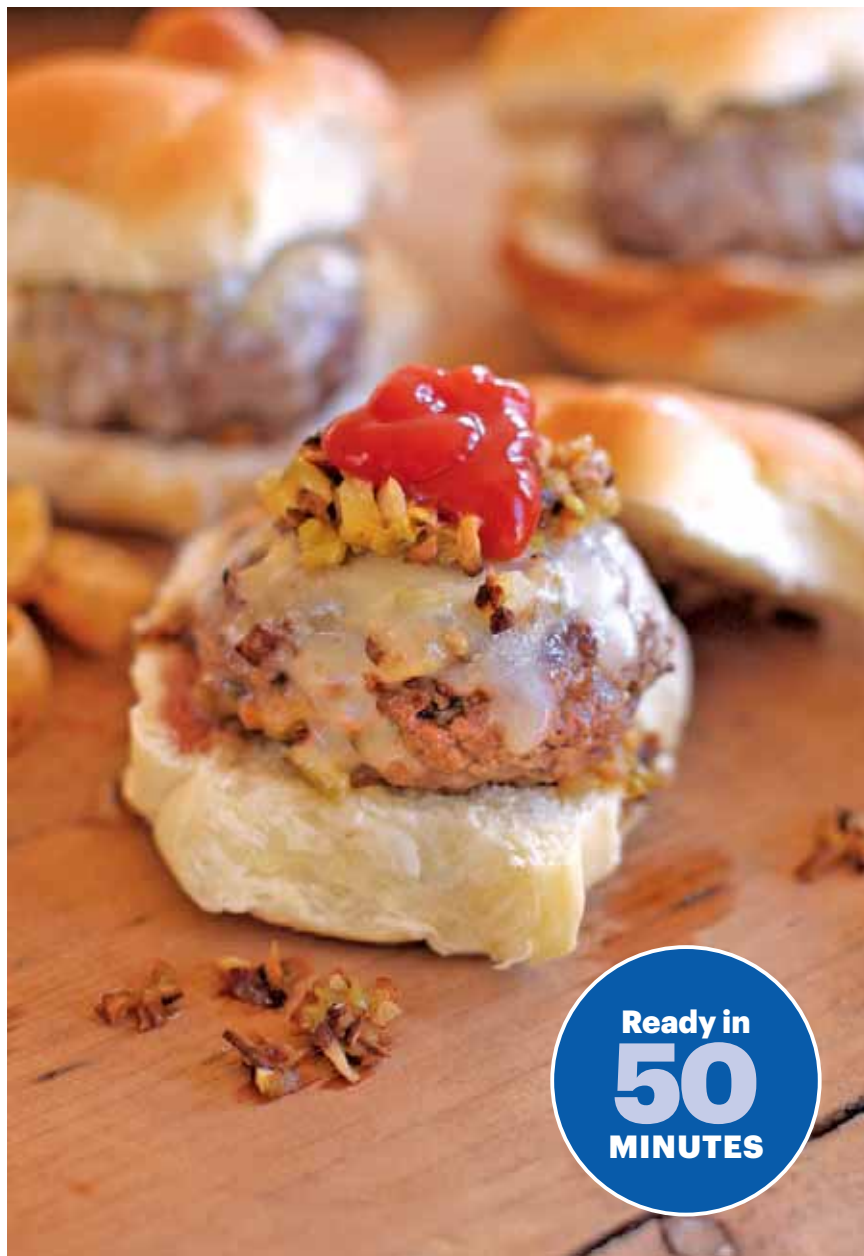
2. In a medium skillet over medium, heat the oil. Add the garlic, stir for 30 seconds, then add the spinach and cook, stirring frequently, until the spinach is cooked and no liquid remains in the pan, about 4 minutes. Remove from the heat and cool.

3. Meanwhile, in a medium bowl, combine the cream cheese, Monterey Jack, Parmesan, milk, basil and a hefty pinch each of salt and pepper. Use an electric mixer to beat until well combined, then add the spinach mixture and mix again until fully incorporated.

4. Transfer the mixture to the prepared pan, smoothing the top, then bake for 20 minutes, or until hot and bubbling.

5. Serve hot with bread or crackers.

THE ASSOCIATED PRESS



Beer steamed cheese and mushroom beef sliders. MATTHEW MEAD/THE ASSOCIATED PRESS

Ready in
50
MINUTES



add the sliders, seasoned side down (it will be a little crowded in the pan), and cook them until they are just browned on the first side, about 2 minutes. Sprinkle the top side of each with salt and pepper, turn the sliders over and cook for another 2 minutes.

4. While the sliders are browning, top each slider with a heaping teaspoon of the mushroom mixture, dividing all of the mixture among the sliders, then

place a piece of cheese on top of each. Quickly pour the beer into the pan, all around the sliders, cover the pan and steam for 2 minutes.

5. Turn off the heat and let the sliders sit in the pan for another minute to let the cheese melt completely. Spoon some of the liquid in the skillet onto the tops and bottoms of the buns, transfer the sliders to the buns and serve right away.

THE ASSOCIATED PRESS

Beyoncé's dress sparks online controversy

DEBATE

Coldplay video filmed in India shows singer in classic garb

Cultural appropriation or appreciation? That's the debate sparked by Coldplay's new music video, shot in Mumbai during the Hindu festival of Holi and featuring Beyoncé dressed in traditional clothes and jewellery, with henna on her hands.

Many accused the British band of using India as an "exotic playground" in the video for Hymn for the Weekend and reinforcing reductive stereotypes about the diverse country.

"If cultural appropriation means that a privileged group adopts the symbols and practices of a marginalized one for profit or social capital, then yes, Coldplay's video is committing cultural appropriation," Rashmee Kumar argued in The Guardian.

The depiction of Hindu practices and symbols in the video — from holy men levitating in robes to children covered in



Beyoncé dons traditional Indian clothes and jewellery in Coldplay's new music video. HANDOUT

bright powders break-dancing in a slum — is through a white, western lens, Kumar wrote.

And that can "wield real power to reinforce the racial and colonial logics that under-

gird the way we think about non-western people, places and cultures."

Not everyone was offended by the video, however. "Beyoncé showed India in many

ways and made it look beautiful and lovely. She portrayed India excellently. As an Indian, I loved it," one fan commented on Twitter.

"It's a song in the spectrum



This is Coldplay's own artistic interpretation. And do they make us look bad? No.

Kunal Anand defends the band in the India Times

of joy, celebration and almost drunken abandon, something that no other festival but Holi symbolises for the world's masses," Kunal Anand wrote in the India Times. "The song isn't a 'real India', 'We-are-a-superpower' advertisement — this is Coldplay's own artistic interpretation. And do they make us look bad? No. This is what Mumbai's slums look like, and yet no one is looking filthy, underfed or unwell."

Coldplay even tweeted that the song reached number one on the iTunes India chart. "Thank you to the people of India for making us feel so welcome," the band wrote. But Coldplay has been accused of reinforcing cultural stereotypes in the past: in the video for the band's song Princess of China, Rihanna dons a series of Japanese Geisha-like costumes on a set that looks distinctly Chinese. That prompted criticism that Coldplay is not only culturally insensitive, but ignorant, too. Critics also say

this isn't the first time India has been used as a stereotype-filled setting for Western artists. In her video for Bounce, Iggy Azalea — who is already strongly criticized for being a white woman from Australia who raps like she's black and from Atlanta — dances in a sari at a wedding in front of a backdrop of Indian women. Azalea also sports a gold head-dress as she gyrates atop an elephant in the clip.

Coldplay and Beyoncé are slated to perform alongside Bruno Mars at the Super Bowl halftime show on Sunday, prompting questions about whether they will sing the new track.

"Here's hoping that Coldplay has decided to give their song a different visual cue, rather than trying to make the Super Bowl into a religious festival and a Bollywood extravaganza at halftime," wrote University of Pennsylvania religious and Africana studies professor Anthea Butler.

TORSTAR NEWS SERVICE



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CONSUMER ADVICE

Try these tips for saving money on products

From face wash to hair care, the cost of beauty can get ugly for many Canadians, particularly women.

In 2014, Canada outpaced the U.S. in the growth rate of prestige beauty-product consumption, with Canadians spending \$1.4 billion, according to a study conducted by NDP Group, Inc., a U.S. consulting firm that services North American retailers.

The notion of falling into a beauty-spending trap has always been foreign to Karina Fuentes, who grew up in Mexico City creating home-made body lotions with her Grandma Lupita.

"We used whatever ingredients we could grow or buy at the grocery store, so the idea of spending lot of money on beauty essentials seemed silly," says Fuentes. "All of our homemade lotions for me were as effective as those I have store-bought."

On that premise, she and her husband, Scott Robinson, founded Your Feel Good Soap Company in May of 2011. This pseudo-DIY shop is filled with Fuentes' home-made recipes for soap, hair care and facial products, letting patrons customize the scent and essential oils in the products.

"Our goal is to make women and men realize with natural ingredients, beauty products can be multi-use and result in great savings," adds Robinson. "For example, a body cream can double as a facial moisturizer, or a shampoo can serve as a face wash and body wash."

Such product streamlining isn't a popular concept, because decades of cosmetic-counter conditioning have led women to believe they must "invest" in a beauty routine for it to be effective, says Dino Dilio a Toronto-based makeup artist who specializes in lessons that aim to simplify overcomplicated and expensive beauty regimes.

"You shouldn't need to put on 25 products before you are ready for work," says Dilio.

Before you break the bank on adding another regime or product to your daily routine, here's what the experts suggest:



Experts say women don't have to drop a fortune to get good beauty results. TORSTAR

How to get more bang for your beauty bucks



Simplify

"Simple is what everyone needs, especially on a daily basis," says Dilio. "Your morning process should consist of a face wash, moisturizer with SPF and finally some basic makeup, if you think you still need it."

Also save time and money by using your shampoo as a face and body wash, as long as the ingredients agree, adds retailer Karina Fuentes.

"All of these washes are created with very similar bases and you can really save your money by streamlining."

Do your research

"Many cosmetic counters are trained to sell more than help," says Dilio. "Really do your research before you commit to yet another serum or potion for what you're wanting to achieve." Websites like paulaschoice.com and ewg.

org allow you to search the ingredients in your products, as well as having trials on the effectiveness.

Try the DIY route

If you have dark hair or an easy-to-maintain hair colour, the box hair colour route may be a great option for touching up grey roots.

A salon can charge upwards of \$60 for a root touch-up; meanwhile at a health food store, an ammonia-free kit with all the tools can cost less than \$15. If you don't care about chemicals, most of the kits at Shoppers cost under \$10. Experiment between prestige and drug store brands.

Kamila Caban, author of VickyB.TV, a Mississauga-based beauty blog, constantly tests and compares low-end makeup brands to their high-end competitors to ensure she isn't overspending. Both she and Dilio recommend using L'Oreal mascara to "mass-tige" brands like Lancome or Tarte. Caban also finds Revlon's Photoready Air Brush Effect Foundation more effective than Makeup Forever's Ultra HD Foundation.

"It's important to always test these recommendations on yourself, since every person's skin responds differently," she says. TORSTAR NEWS SERVICE

+ DIY BEAUTY

BYO BB cream

The major shortfall of BB creams (the new blend of moisturizer and foundations) is that they are only offered in limited colours.

"The world is bigger than three or four skin shades," says makeup artist Dino Dilio.

To get the perfect shade of BB cream, do it yourself and simply mix equal parts of your favourite liquid foundation and SPF moisturizer together.

Raid your kitchen

Avocado oil and castor oil can all be combined for one effective hair treatment, adds beauty blogger Kamila Caban. "Simply mix equal parts and apply the treatment to your scalp, you'll find your hair has never felt better."



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Passat gets spruced up for 2016



REVIEW

Light steering, quick response make for a worthy ride

Jil McIntosh
For Metro Canada



If a vehicle isn't quite ready for a complete makeover, automakers will often give it a "refresh" to spruce it up. That's what Volkswagen has done with its midsize Passat sedan, which gets a styling update and some interior tweaks.

There are some trim level changes as well. The diesel engine isn't currently offered, with no word on when or if it will return.

Instead, my tester carries a 1.8-litre turbocharged four-cylinder engine, which comes in four trim levels starting at \$23,295. While you can get a manual transmission in the base trim, everything else uses a six-speed automatic. For those who want something more powerful, a 3.6-litre V6 comes exclusively in the new, top-line Execline trim for \$38,295.

Having driven both, I find the smaller engine will be more than enough for most

drivers. You get snappy acceleration and quiet cruising, although I did feel the transmission stutter a couple of times when slowing down.

The steering is light but the car responds quickly and accurately, with easy parking-lot manoeuvrability and a solid highway feel.

The new front and rear styling is more angular. It updates nicely while maintaining an overall design that some say is too understated, but which I think is timeless: this car is going to look good 10 years from now. The interior upgrades are more subtle, with a new steering wheel and instrument cluster. The infotainment system is updated for 2016, and Volkswagen has finally added USB ports. My



As with most German cars, the seats are very firm, but don't let first impressions turn you off them.

only complaint is with the power mirror switch, which feels cheap and wobbly, and is awkward to use. Other controls are simple and easy, and everything is backlit at night, including the lock

and window switches.

As with most German cars, the seats are very firm, but don't let first impressions turn you off them. They're very supportive and stay very comfortable on longer drives. Rear-seat legroom is good, and the trunk is huge.

Overall, even if you can't get a diesel anymore, the Passat is worthy of consideration.

THE CHECKLIST | 2016 VOLKSWAGEN PASSAT

THE BASICS

Type. Four-door, five-passenger midsize sedan
Power. 1.8-litre turbo four-cylinder (170); 3.6-litre V6 (280)

Transmission. Six-speed manual or six-speed automatic

Price. \$23,295 (base), \$33,795 (as-tested), plus destination

COOL FEATURES

- Adaptive cruise control.
- Blind spot monitor with cross-traffic alert.
- Auto-dimming rearview mirror.
- Rain-sensing wipers
- Second-row USB port
- Rearview camera on all trim levels.
- Remote starter.



PASSAT PHOTOS: JIL MCINTOSH/FOR METRO; ALL OTHERS HANDOUT

POINTS

- The turbocharged engine takes 87-octane regular-grade gasoline and is rated at a combined city-highway 8.0 L/100 km.
- Smartphone integration with Android Auto, Apple CarPlay and MirrorLink on all trim levels.
- The new centre screen has a proximity sensor that brings up icons when your hand gets close to it, and a display with pinch and swipe ability.

MARKET POSITION

- VW stumbled when it cheapened some models to break into the lower-priced U.S. mass market segment. It's returning to improved interiors and more features to win back its core audience.

THE COMPETITION



Chevrolet Malibu
Base price: \$21,745



Ford Fusion
Base price: \$23,249



Toyota Camry
Base price: \$24,100

BREMEN CLASSIC CAR SHOW

Alfa Romeo celebrates its avante-garde past

Alfa Romeo is set to headline this weekend's Bremen Classic Car show, when one of its most evocative and avant-garde concepts, the Caimano, takes center stage.

Although it was built on the Alfusud platform and used the same 68hp 1.2-liter boxer engine that powered the compact production hatchback, only someone with X-ray vision would have known that the Caimano and Alfusud were from the same company, yet alone the same planet, when the concept made its debut at

the 1971 Turin motor show.

Italdesign, who created the concept were given a very simple brief — to design something that stood absolutely no chance of becoming a production reality. The company, headed up by legendary designer Giorgetto Giugiaro, duly obliged, creating the "wedge on wheels" with its sci-fi glass dome roof that slid forward to let passengers in and out and an adjustable rear spoiler that was part of the roof.

The car was cutting-edge, in the almost literal sense and ushered in the age of the wedge

design approach that defined exotic Italian production cars including the Lamborghini Countach, Lancia Stratos and the Maserati Khamsin. But Alfa Romeo was first.

In recent times, Alfa has struggled to compete with growing competition and to rediscover that automotive recipe that had made it the sort of brand that people fall in love with. Nevertheless, the company has been going through a renaissance thanks to its wonderful 4C coupe and 4C spider ultra-light sportscars. It was

getting ready to launch an entire new range of cars and to return to the U.S. market as a luxury sportscar maker, starting this year with the Giulia QV sports sedan.

However, the brakes are now being applied to the marque's ambitious plans to launch eight new models over the next two years. On Wednesday, FCA revealed that the new cars, which will include three SUVs, a direct

competitor to the BMW 5 Series, a small hatchback and two 'speciality' vehicles — i.e., focused sports models — will now take until 2020 to arrive. That said, a special celebratory edition of the 4C spider designed to

mark the iconic Ducetto Spider's 50th anniversary, is still expected to be unveiled at this year's Geneva Motor Show on March 1. AFP



ALFA ROMEO/HANDOUT



In the Air Tonight is fading out as Josh Donaldson's walk-up music; this year it'll be Ball Like This by L.A. Leakers feat. Future and Wiz Khalifa



NHL SENS START SECOND HALF Senators goaltender Craig Anderson makes a save against the Penguins' Matt Cullen, bottom right, in Pittsburgh on Tuesday night. The Sens began the post-all-star stretch with a record of 23-21-6 — shy of a wild-card position. For Tuesday's result, go to metronews.ca.
GENE J. PUSKAR/THE ASSOCIATED PRESS

PREMIER LEAGUE

Vardy's brace keeps Leicester at the top

Jamie Vardy's stunning volley set Leicester on its way to a 2-0 victory over Liverpool on Tuesday, keeping the unlikely title challengers at the top of the Premier League.

Manchester City and Tottenham also won to stay in touch with Leicester, but Arsenal was held 0-0 by Southampton and dropped to fourth place.

Leicester preserved its three-point lead over City and its title

charge shows no sign of slowing — nor does Vardy's prolific form this season.

The England striker volleyed in a looping shot from 25 metres before adding another goal in the second half to sink Liverpool at King Power Stadium and take his tally to 18 this campaign.

"We are free of pressure," Leicester manager Claudio Ranieri said. "The players have a good feeling." THE ASSOCIATED PRESS

IN BRIEF

Stewart hospitalized after ATV accident

Three-time NASCAR champion Tony Stewart was hospitalized Tuesday with a back injury and Stewart-Haas Racing said the team was unsure of the extent of his injuries just a week before he is expected in Daytona to prepare for his final season in Sprint Cup.

The 44-year-old Stewart was injured Sunday during an accident while he was riding an all-terrain vehicle somewhere on the West Coast, SHR spokesman Mike Arning told The Associated Press. THE ASSOCIATED PRESS

DeRozan, Lowry named co-players of month in East

Toronto Raptors all-star guards DeMar DeRozan and Kyle Lowry were named co-winners of the NBA's Eastern Conference player of the month award on Tuesday.

DeRozan and Lowry led the Raptors to 12-2 record in January. Toronto finished the month on a franchise-record 11-game winning streak.

Kevin Durant of the Oklahoma City Thunder took the Western Conference honour. THE CANADIAN PRESS

Oher 'a key asset' on the blindside

NFL

Tackle rewards Panthers for taking a chance on him

When Cam Newton discovered the Carolina Panthers planned to make a run at signing Michael Oher last off-season, he texted the free agent offensive tackle: "I need you. I don't want you. I NEED you."

Newton had sent text messages before to potential free agent prospects — but this time he was desperate.

The Panthers weren't planning to re-sign struggling left tackle Byron Bell, and Newton needed someone to protect his blindside. He thought Oher, the main character in the popular movie by that name, would be a perfect fit.

The fifth-year quarterback turned out to be right.

Oher is having his best statistical season, and the Panthers (17-1) are the highest-scoring offence in the league and will play the Denver Broncos in the Super Bowl on Sunday.

"Yeah, it meant a lot," Oher said emphatically Monday night. "I mean, it's Cam Newton. You get a text from Cam Newton telling you that he needs you, well, you appreciate that. It's definitely something that resonated with me."

Turns out Newton had inside knowledge on Oher.

Newton's younger brother Cecil, an offensive lineman, had been teammates with Oher with the Baltimore Ravens and raved to his brother about Oher's work ethic and professionalism.

Newton bought in — and so did the Panthers.

Oher signed a two-year, \$7-million contract with Carolina, a move that wasn't particularly popular with Panthers fans considering he'd struggled in 2014 with the Tennessee Titans and been released one year into a three-year contract.



Tackle Michael Oher is enjoying his best statistical season, his first with the Panthers.

STREETEER LECKA/GETTY IMAGES

"I got killed on that one," Panthers general manager Dave Gettleman said.

But Oher has been solid.

In fact, he's been more than solid, helping the Panthers finish second in the NFL in rushing and helping Newton achieve an MVP-type season with 45 combined touchdowns.

Oher played in 98.4 per cent of the team's snaps this season and allowed a career-low four sacks — tied for eighth-fewest in the league — and was

penalized only three times for 25 yards, according to STATS.

Those numbers were a major improvement over his final two seasons in Baltimore, when he allowed a combined 21-1/2 sacks, and last season when he allowed six sacks in 11 starts with the Titans.

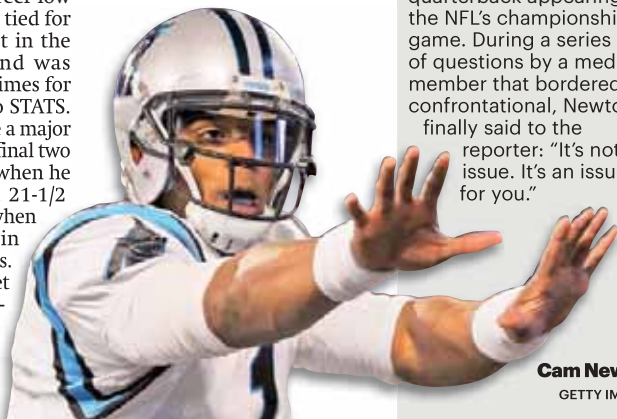
"He's been a key asset to say the least," Newton said.

Panthers centre Ryan Kalil said Oher had the perfect personality to fit in on

Carolina's comedic offensive line.

"Michael Oher has a great personality and an incredible work ethic," Kalil said. "You talk about trying to add talent to your football team, but you also want good character guys who will rub off on the younger guys and show guys what it means to be a pro — and Michael Oher is the epitome of that."

THE ASSOCIATED PRESS



Cam Newton
GETTY IMAGES

+ RACE

Newton tired of black QB issue being a talking point

Cam Newton wants any discussion of black quarterbacks in a Super Bowl put away.

For good. Newton on Tuesday emphatically tried to lay to rest any relevance of an African-American quarterback appearing in the NFL's championship game. During a series of questions by a media member that bordered on confrontational, Newton finally said to the reporter: "It's not an issue. It's an issue for you."

RECIPE Pork Fried Noodles



PHOTO: MAYA VISNTEI

Ceri Marsh & Laura Keogh
For Metro Canada

- 1 tsp salt
- 1 tsp pepper
- 1 package of noodles

Directions

1. Marinate pork in soy sauce, corn starch, 1 Tbsp oil and sugar for 30 minutes.
2. In a large frying pan, heat remaining oil over medium heat. Add garlic and onion, lower heat and cook until translucent. Add chopped meat to pan. Cook meat thoroughly, about 5 minutes.
3. Cook noodles in boiling water according to package directions. Drain and put aside.
4. Mix carrot, bean sprouts and green beans into meat mixture. Toss and blend together then add fish and soy sauce as well as salt and pepper. Sauté until vegetables cook, about 3 to 5 minutes. Then remove from heat.
5. Toss vegetables and all its liquid with noodles and serve.

FOR MORE MEAL IDEAS, VISIT
SWEETPOTATOCHRONICLES.COM

This is one of the dishes that make you feel like it came from a restaurant rather than your own kitchen. In other words, be prepared to crave it every week.

Ready in

Prep time: 45 minutes
30 minutes marinade time
Total time: 65 minutes

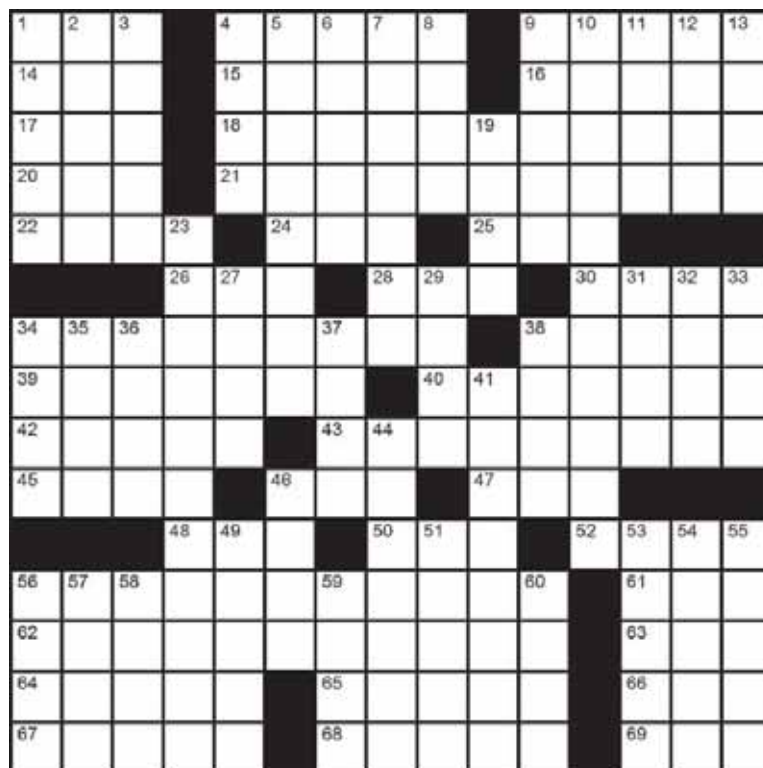
Serves 4 to 6

Ingredients

- 1 lb ground pork or chicken
- 1 Tbsp corn starch
- 2 Tbsp canola oil, divided
- 1 tsp sugar
- 3 cloves garlic, minced
- 1 onion, chopped
- 1 carrot, grated
- 1 cup bean sprouts
- 1/2 cups chopped green beans
- 1 Tbsp soy sauce
- 1 tsp fish sauce

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS

1. Not on
4. Fictional town in Maine in Stephen King tales
9. Filing letter headings...
14. _ shot (Seasonal needle)
15. Ms. James' of song
16. Ms. Channing
17. Weight unit, variantly
18. Weightlifter's repetitive arm exercise: 2 wds.
20. Energy unit
21. Sports... They occur in overtime: 2 wds.
22. Newbie
24. Nero's 56
25. French 'friend'
26. Director Ang
28. Wee cooking measurement
30. Sweet' _ (Sugar substitute)
34. Dry up
38. Bright lizard
39. Versus
40. Q-tips user, say
42. 1978 hit for Canadian singer Gino Vanelli: "I Just _ Stop"
43. Quaint bathroom sink
45. Hitch
46. Lettered car-pooling lane
47. 'Jacob' suffix
48. Harper Valley gr.
50. Bard's 'through-out'
52. Horse-hauled cart
56. Happenings

61. Alter _
62. Michael J. Fox's wife who played his girlfriend on "Family Ties": 2 wds.
63. Evian, par exemple
64. Distance races, in slang, e.g.: wds.

65. "The Poseidon Adventure" (1972) director Ronald
66. Mr. Diesel
67. View, Bible-style
68. Composer/pianist Erik
69. Manchester, _.

DOWN

1. A lot
2. Plant life
3. Mushrooms
4. _ collector
5. Online stores
6. Religious title, e.g.: 2 wds.
7. 1981: "I Love a Rainy

- Night" by Eddie _
8. Flanders river
9. Happy as _ (Glad)
10. Toronto-born singer/songwriter Robbie Robertson was once part of Bob Dylan's what?: 2 wds.
11. Rock's Motley _
12. _ Rebellion (Early-1840s insurrection in Rhode Island)
13. Building additions
19. Spring
23. Hazards in hockey: 2 wds.
27. Dame _ Everage
29. Legis. meeting
31. Sci. rooms
32. Sacred Buddhist peak
33. Notify of danger
34. Stealing birds
35. "A Summer Place" (1959) star Richard
36. Juliette Binoche's "The English Patient" (1996) character
37. It's _ -way street
38. Rhyming scheme
41. "What place is this?": 3 wds.
44. Anne of Green Gables setting
46. Large instrument
49. Unfaithful one's meet up
51. Splendid display
53. Actor Christopher
54. An additional time
55. "Forever _" by Rod Stewart
56. Baseball great Mel's surnamesakes
57. First Nation of Manitoba
58. Furniture making material
59. Ages and ages
60. Dagger of yore

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You may feel as if you can take on the world and win, and maybe you can, but don't get over-confident or you could be in for a major let-down. Life moves in cycles. Nothing stays the same, so be ready for change.

Taurus April 21 - May 21
You have a vague feeling that something is not quite right but you can't put your finger on what. Usually your instincts are spot on but this time, it seems, they have got it wrong.

Gemini May 22 - June 21
You have something to say. Certain people are unlikely to welcome your words. For you the truth is sacred and you won't keep quiet just to make others feel good.

Cancer June 22 - July 23
Stop wasting time and energy on activities that don't pay. Start today by turning down a social invitation that's not important. Don't worry that they won't ever invite you again — that's something to be thankful for.

Leo July 24 - Aug. 23
The old always gives way to the new. Keep that thought in mind today and it will be easier to let go of something that is holding you back.

Virgo Aug. 24 - Sept. 23
It may seem strange to others that you spend so much time thinking and analyzing but to you it's natural. You will be in an especially thoughtful mood today, so don't weigh yourself down with practical matters.

Libra Sept. 24 - Oct. 23
There's a task that needs finishing. Get to it before time runs out this weekend. Make a special effort to tackle it today and you'll be surprised how easily things it comes together.

Scorpio Oct. 24 - Nov. 22
You don't take kindly to others disagreeing with you but someone will ignore your advice and follow their own path today. Don't make an issue of it. You can say "I told you so" later!

Sagittarius Nov. 23 - Dec. 21
You find it easy to accept that different people see things in different ways. That's good because one particular person has been acting strangely. Make it your business to understand them — then help them.

Capricorn Dec. 22 - Jan. 20
Upheavals are likely today and there is not much you can do about them. Come the weekend you'll move into a more positive phase, one in which you can call the shots for a change.

Aquarius Jan. 21 - Feb. 19
More than most you realize that change is necessary. Hold onto that positive attitude today as certain people upset the status quo. You can't change what they're doing but you can find ways to benefit from it.

Pisces Feb. 20 - March 20
You can be a bit too obliging for your own good but that is not an option now. You are going to have to fight for what you desire. Throw off that "nice guy" tag once and for all.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

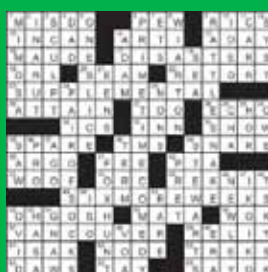


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